



## MAY 2026 ACTION ITEMS

### WHAT DO I NEED TO DO?

- Promote the May 28<sup>th</sup> Mental Health Virtual Panel to employees.
- Review & complete 2026 Non-Discrimination Testing Information by June 5<sup>th</sup>.
- Register for upcoming HR Administrator Webinar Trainings.

### WELLNESS SPOTLIGHT

## MENTAL HEALTH VIRTUAL PANEL - MAY 28

The VBA Benefits Corp. is partnering with MMA to host our first [Mental Health Virtual Panel](#) for employees on May 28<sup>th</sup> from Noon to 1pm. The panel will provide insight into mental health issues and resources.

## IMPORTANT DATES

- Thursday, May 28: [Employee Mental Health Virtual Panel](#)
- Thursday, July 9: [bswift Enrollment Rules & New COBRA Process](#)

## HR: HEART OF THE WORKPLACE

### CONGRATULATIONS LYNN!

After 52 years with Citizens Bank and Trust Company, Executive Vice President, Lynn Shekleton, will be retiring at the end of May. Please join us in celebrating Lynn and wishing her all the best in her well-deserved retirement!

### SHARE YOUR NEWS IN THE NEXT FYB NEWSLETTER

Whether you're celebrating a new baby, a professional achievement, or a personal adventure, we want to celebrate with you! Share your story in the next FYB Newsletter!

[Submit Content](#)



Employees may submit questions anonymously by May 13<sup>th</sup>. Webinar registration is required and is open to employees and dependents. **Please share [this link](#) for employees to submit questions**

**anonymously and register for the event.**

## APRIL WALKING CHALLENGE RESULTS

We are pleased to share the results of April's walking challenge: **Venture Through Virginia: Part 1 – Western Virginia**. With 13 participating employers, we collectively walked over 48,000 miles!

Congratulations to our top three employers ending the challenge with the greatest total average steps:

1. The Bank of Marion: 272,306
2. Virginia Bankers Association: 244,503
3. MainStreet Bank: 221,963

[Click here](#) for more information about the results.

## 2026 Q2: MENTAL HEALTH MATTERS

The Well-Being theme for Q2 2026 is "**Mental Health Matters**". Review the [Q2 Administrator's Toolkit](#) for turnkey well-being initiatives. Visit our [Well-being site](#) to view tools and resources.



## SECTION 125 NON-DISCRIMINATION TESTING

Thank you to everyone that attended the **Section 125 Non-Discrimination Testing Webinar on May 6<sup>th</sup>**! We had a great turnout, and we appreciate your participation and thoughtful questions!

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## UPCOMING WEBINARS

We're excited to share two upcoming educational webinars. Registration is free but required. Please review the webinars and click on each to register. Contact the [Benefits Team](#) with questions.

[View Webinars](#)

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## SUGGESTION BOX

Whether you have a process improvement in mind, a new initiative to propose, or a simple thought you'd like us to consider, this tool makes it easy to share your perspective.

We encourage you to take a moment to explore the Virtual Suggestion Box and let us know what's on your mind.

[Submit Content](#)

Please review the following while completing your data:

- [5/6 Webinar Recording](#)
- [The NDT Flyer/FAQ](#)
- The email sent on May 4th which contains a link to your data within Sharefile

Please review and complete your employees' data by June 5<sup>th</sup> and contact the [Benefits Team](#) with questions.



## RETIREMENT PLANS INBOX

Voya has created a centralized mailbox at [SBA\\_Retirement\\_Plans@voya.com](mailto:SBA_Retirement_Plans@voya.com) for all inquiries and requests relating to our **SBA 401(k) Plan and Defined Benefit Plan**. The mailbox will be monitored by our current Plan Managers—Terri Ireland and Johnnie Battle—and will allow them to respond more efficiently and consistently, as well as provide coverage if one Plan Manager is out of the office.

Please continue to use the [benefits@vabankers.org](mailto:benefits@vabankers.org) mailbox if you need to get in touch with someone at the VBA directly.



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